



National Nutrient Database for Standard Reference  
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Statistics Report 09288, Prunes, canned, heavy syrup pack, solids and liquids

Report Date: July 01, 2017 00:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	70.67	20	0.250	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	439	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.87	20	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.20	20	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.46	20	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	27.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	3.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<strong>Minerals</strong>													
Calcium, Ca	mg	17	20	0.391	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.41	20	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	15	20	0.398	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	26	20	0.470	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	226	20	5.121	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	26	0.532	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.19	20	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.118	20	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.8	21	0.184	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.034	20	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.122	21	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.866	21	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.203	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, total	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	40	21	3.731	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	797	21	74.628	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.043	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982